

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

September 2013

## Breakfast Sun Treats

### Bread Cup Eggs

### Tasty Trail Mix

### Raspberry-Chocolate Muffins

### Breakfast Burritos

#### Breakfast Sun Treats

½ cup butter, softened  
1 egg  
¾ cup white sugar  
1 teaspoon vanilla extract  
3 tablespoons skim or 1% milk  
¾ cup flour  
½ teaspoon baking soda  
¼ teaspoon salt\* (Omit if the sunflower seeds used are salted.)  
2¼ cups oatmeal, quick or old-fashioned, uncooked  
¾ cup shredded reduced fat cheddar cheese  
2 tablespoons roasted sunflower seeds



1. Heat oven to 350 degrees. Coat a large cookie sheet with nonstick cooking spray.
2. In a medium size bowl, beat together butter, egg, sugar, vanilla and milk.
3. In a separate bowl, combine flour, baking soda and salt.\* Mix well.
4. Add flour mixture to butter mixture and mix well.
5. Stir in oatmeal, cheese and sunflower seeds until well mixed.
6. Roll into 1-inch balls and place on the cookie sheet.
7. Bake for 8 to 10 minutes.

**Nutrition Note:** This recipe makes 24 cookies. Each cookie has 120 calories, 5 grams of fat and 15 grams of carbohydrates.

#### Bread Cup Eggs

12 slices whole-wheat bread  
2 tablespoons spreadable margarine or butter  
12 eggs

1. Heat oven to 350 degrees. Coat a 12-cup muffin tin with nonstick cooking spray.
2. Gently press one slice of bread into each muffin cup.
3. Lightly spread the inside of each slice of bread with margarine and bake until slightly browned.
4. Break an egg into each bread cup and bake for 25 minutes or until the egg is set.
5. After cooking, eggs can be topped with cheese, salsa, bacon, etc., if desired.

**Nutrition Note:** This recipe makes 12 bread cup eggs. Each bread cup egg has 160 calories, 8 grams of fat and 12 grams of carbohydrates.

## Breastfeeding:

### Why breastfeed?

*"I breastfeed because it is the healthiest start for my baby."*

*~ Jennifer, WIC Breastfeeding Mom from Bismarck, N.D.*

For more information about breastfeeding, check out our breastfeeding website at [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).



#### Tasty Trail Mix

1 cup dried fruit such as raisins, apricots (diced) or cranberries  
½ cup sunflower seeds or peanuts  
1 cup WIC cereal such as Kix®, Cheerios®, Chex® or Frosted Mini Wheats® (Store brand cereals in these varieties can be used as well.)  
½ cup small pretzels or popcorn

1. Place all ingredients into a large bowl and mix together.
2. Store in an airtight container.

**Nutrition Note:** This recipe makes 6 servings. A serving of trail mix made with dried cranberries, sunflower seeds, Cheerios®, and pretzels has 180 calories, 6 grams of fat and 31 grams of carbohydrates.

## Tips for Raising Healthy Eaters

Offer a variety of healthy foods. Let your child choose how much to eat. Children are more likely to enjoy a food when eating it is their own choice.

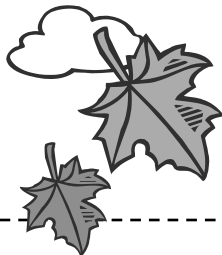
## Raspberry-Chocolate Muffins

$\frac{2}{3}$  cup bran flakes  
 $\frac{2}{3}$  cup buttermilk  
2 tablespoons canola or vegetable oil  
1 egg  
3 tablespoons cocoa powder  
 $\frac{1}{4}$  cup brown sugar  
 $\frac{1}{2}$  cup flour  
 $\frac{1}{8}$  teaspoon salt  
1 teaspoon baking soda  
 $\frac{2}{3}$  cup frozen or fresh raspberries (if using frozen do not thaw)  
1 tablespoon white sugar

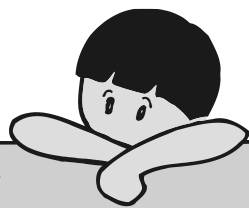
1. Heat oven to 375 degrees. Line muffin tin with paper liners or coat with nonstick cooking spray.
2. In a small bowl, soak bran flakes in milk. Set aside for 10 minutes.
3. In a separate bowl, stir together oil and egg until egg is well mixed.
4. Add cocoa powder and brown sugar to egg mixture. Stir.
5. In a large bowl, combine bran flake mixture, egg mixture, flour, salt and baking soda until well mixed.
6. Fold raspberries into batter.
7. Pour muffin batter into muffin liners. Sprinkle each muffin with white sugar.
8. Bake for 25-30 minutes.

Note: If buttermilk is not available, "sour" milk by adding  $\frac{1}{2}$  tsp vinegar to  $\frac{2}{3}$  cup skim or 1% milk.

**Nutrition Note:** This recipe makes 9 muffins. Each muffin has 120 calories, 4 grams of fat and 18 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the  
Special Supplemental Nutrition Program for Women, Infants & Children  
ND Department of Health - Division of Nutrition & Physical Activity  
600 E. Boulevard Avenue., Dept. 301 - Bismarck, N.D. 58505-0200  
800.472.2286, option 1



## Turn Off the TV

Go on an "around" walk. Walk around your house. Walk around your light pole. Walk around a leaf on the ground...

Source: [www.headstartbodystart.org](http://www.headstartbodystart.org)

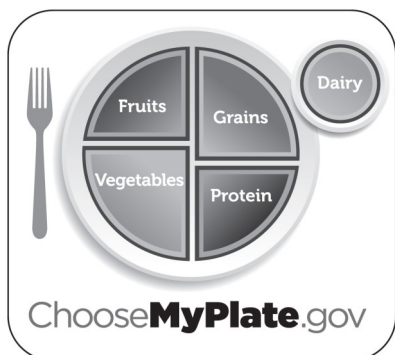
## Breakfast Burritos

6 eggs  
1 cup shredded reduced fat cheese, any flavor  
Salt and pepper to taste  
Options (use one or more of these): 4 ounces sausage or bacon, 1 cup diced ham,  $\frac{1}{2}$  cup chopped onions,  $\frac{1}{2}$  green pepper (chopped),  $\frac{3}{4}$  cup chopped mushrooms, 1 cup hash brown potatoes,  $\frac{1}{2}$  cup salsa  
8 whole-wheat tortillas

1. Beat eggs in a large bowl.
2. Add the cheese, salt and pepper. Stir.
3. Prepare any optional ingredients: Cook and crumble meat, sauté vegetables, and/or brown hash brown potatoes.
4. Combine optional ingredients with egg mixture.
5. Pour egg mixture into a large skillet (sprayed with nonstick spray) and scramble over medium-high heat until eggs are cooked. Remove from heat.
6. Warm tortillas according to package directions so they are soft enough to roll. (Microwave four at a time on a plate covered with a wet paper towel.)
7. Place several spoonfuls of egg mixture along center of tortilla and roll up burrito-style. Wrap each burrito individually in waxed paper and place all wrapped burritos in a large freezer bag. Store in the freezer.
8. To serve: Place burrito in its waxed paper wrapping in the microwave and cook on the defrost setting for about 5 minutes, until hot.

**Nutrition Note:** This recipe makes 8 burritos. A burrito made with ham, onion and green pepper has 200 calories, 8 grams of fat and 19 grams of carbohydrates.

## GROWING HAPPY FAMILIES



### Start every day with breakfast.

Help your kids get their day off to a healthy start. Serve whole-grain versions of cereal, bread, tortillas or pancakes at breakfast. Whole grains give your kids B vitamins, minerals and fiber to help them feel full longer and stay alert.